

# EMERGENCY READINESS CHECKLIST FOR OLDER ADULTS AND CAREGIVERS

Use this form to:

1. Organize your emergency preparations.
2. List your emergency contacts.
3. Keep a record of your current medications.

You may want to give a copy to your main contact person or caregiver, if you have one. Do not forget to review and update this information often -- at least every two or three months.

## Step 1: Know the Basics

- \_\_\_\_\_ The most important disaster issues for the area where I live.
- \_\_\_\_\_ The recommended life-saving responses for disasters that could strike with little or no warning.
- \_\_\_\_\_ If there were an evacuation order, the recommended route from where I live? My evacuation transportation options. The location of the nearest emergency shelter.
- \_\_\_\_\_ The location of shut-off valves for my household utilities (gas, electricity, water) and how to use them. (If they take a special tool, it should be kept right there, ready to use.)
- \_\_\_\_\_ Designate an out-of-area emergency contact, in case local phone service is disrupted. Make sure my loved ones know the emergency communications plan.
- \_\_\_\_\_ Make it a point to meet my neighbors, in case we need to help one another in an emergency.

## Step 2: Have Essential Emergency Supplies Ready

*"Stay at Home" Emergency Supplies* -- pull these items together for quick, easy access in your home; have quantities to last at least 3 to 6 days; rotate any items with expiration or "use by" dates:

- |   |  |
|---|--|
| _____ Drinking water                      | _____ Light sticks                     |
| _____ Food (non-perishable, ready to eat) | _____ Waterproof matches               |
| _____ Flashlight                          | _____ Supply of prescription medicines |
| _____ Portable radio                      | _____ Current medications list         |
| _____ Extra batteries                     | _____ Cell phone                       |
| _____ First aid kit                       | _____ Cash or traveler's checks        |
| _____ Hand-operated can opener            | _____ Emergency contacts list          |

**Evacuation Bag** -- have a backpack or bag (preferably one on rollers) that has room for many of the items listed on the front side and is also ready to go with these items:

- \_\_\_\_\_ Personal hygiene items, such as toilet paper, alcohol wipes and gel hand sanitizer
- \_\_\_\_\_ Change of clothing
- \_\_\_\_\_ Compact rain slicker
- \_\_\_\_\_ Good pair of walking shoes
- \_\_\_\_\_ Bottles of water
- \_\_\_\_\_ Breakfast bars
- \_\_\_\_\_ Blanket or sleeping bag
- \_\_\_\_\_ Disposable dust masks
- \_\_\_\_\_ Copy of emergency contacts list
- \_\_\_\_\_ Copy of current medications list
- \_\_\_\_\_ Spare pair of glasses

### **Additional Precautions:**

- \_\_\_\_\_ Gas tank kept at least half full
- \_\_\_\_\_ Spare hearing aid batteries
- \_\_\_\_\_ Emergency supply of pet food

### **Step 3: Make a Personal Plan**

- \_\_\_\_\_ If I have any special needs, do I have a plan for meeting them in an emergency?
  - \_\_\_\_\_ Mobility issues?
  - \_\_\_\_\_ Reliance on medical equipment that requires electric power?
  - \_\_\_\_\_ Incontinence supplies?
  - \_\_\_\_\_ Other: \_\_\_\_\_
- \_\_\_\_\_ If I am receiving home health services, have I discussed emergency procedures with my home health provider?
- \_\_\_\_\_ If I live in a senior living community, am I familiar with its emergency planning and procedures?

**SOURCE:** This checklist was taken from the Administration on Aging, [www.AoA.gov](http://www.AoA.gov). It can also be found in the book: *Aging in Stride -- Plan Ahead, Stay Connected, Keep Moving*. It was reprinted and paid for by the South Dakota Department of Social Services, October 2007.